

Out Patient Surgery Pre-Op Instructions

PLEASE ARRIVE 1 HOUR 15 MINUTE BEFORE SURGERY

The Women's Outpatient Center is located in Building D at Missouri Baptist. This is the same building as our office. Take the elevators to the 2nd floor. To your left is the Women's Outpatient Center.

You will be contacted by a nurse from the center a few days before your procedure. She will go over all your information, medical history and insurance. This will help with the day of your surgery so it will be a simple and easy process.

Follow these guidelines prior to surgery

- PLEASE BE ABSTINENT FROM SEXUAL INTERCOURSE FOR 2 WEEKS PRIOR TO SURGERY IF YOU ARE PRE-MENOPAUSAL
- STOP ALL ASPIRIN OR NSAID products one week before surgery (time permitting). This includes Advil, Aleve, Motrin, Ibuprofen, etc. TYLENOL is okay to take before surgery.
- DO NOT eat or drink anything after midnight before surgery. This includes coffee, chewing gum or mints. (Gatorade/Powerade/Water are allowed up to 3 hours prior to surgery)
- DO NOT smoke the morning of surgery
- PLEASE SHOWER with plain soap before your surgery. DO NOT USE lotions, oils or powders.

If you have questions or concerns, please call the office at 314-432-3669. We want you to feel comfortable with all aspects of your upcoming surgery.